



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Arizona

All statistics are based on parental reports.

National %	State %	
14.8	12.2	Percent of children who are overweight
21.9	14.8	Age 10-11
14.4	15.9	Age 12-14
10.7	6.8	Age 15-17
22.4	22.2	0-99% Federal poverty level
19.0	16.2	100-199% Federal poverty level
13.7	8.8	200-399% Federal poverty level
9.1	6.2	400% Federal poverty level or more
18.1	16.5	Male
11.5	7.8	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	72.7	
78.2	82.1	Age 10-11
74.2	74.0	Age 12-14
63.3	63.8	Age 15-17
76.8	77.9	Male
65.6	67.4	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	53.7	
61.5	51.2	Age 10-11
61.6	60.6	Age 12-14
53.4	48.5	Age 15-17
62.1	55.9	Male
55.0	51.5	Female
72.9	75.5	Percent of children with at least one parent who exercises regularly